



BUNDABERG STATE HIGH SCHOOL
VOCATIONAL EDUCATION AND TRAINING (VET) PROGRAMS

RTO Name: Bundaberg State High School	RTO NO: 0418
VET Course Name: Certificate III Fitness	VET Course Code: SIS30315

BSHS Subject Name	Years	Subject Code	OP	QCE Credits	VET	Pre-requisite
Certificate II in Sport and Recreation	11F	-	-	8	YES	NO

Head of Department: Mr Chris Lee

Course Outline:

This course provides access for students to complete Certificate III Fitness from the Sport, Fitness and Recreation Training package SIS10 and is a nationally recognised qualification.

This qualification reflects the role of individuals who apply the skills and knowledge to work in the sport and recreation industry in a generalist capacity. Likely functions for someone with this qualification include providing support in the provision of sport and recreation programs, grounds and facilities maintenance, routine housekeeping, retail and customer service assistance, administrative assistance and café service in locations such as fitness centres, outdoor sporting grounds or complexes or aquatic centres.

Course Content:

<p>Certificate III Fitness <i>Students are required to complete 16 Units of Competency – 9 Core Units and 7 Electives Unit from those listed below.</i></p>	
<p>Core SISFFIT001 - Provide health screening and fitness orientation SISFFIT002 – Recognise and apply exercise consideration for specific population SISFFIT003 – Instruct fitness programs SISFFIT004 – Incorporate anatomy and physiology principles into fitness programming SISFFIT005 – Provide healthy eating information SISFFIT014 – Instruct exercise to older clients SISXCCS001 – Provide quality service SISXFAC001 – Maintain equipment for activities SISXIND001 – Work effectively in sport, fitness and recreation environments</p>	<p>Elective SISFFIT007 – Instruct group exercise sessions SISFFIT011 – Instruct approved community fitness programs SISXCAI006 – Facilitate groups BSBRSK401 – Identify risk and apply risk management processes HLTAID001 – Provide cardiopulmonary resuscitation HLTWHS001- Participate in workplace health and safety SISFFIT006 – Conduct fitness appraisals</p>

Students may gain recognition for skills that they have acquired from paid part-time work to complete some Units of Competency.



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Outside Learning Provider:

This Certificate III Fitness will be delivered and assessed at Bundaberg State High School by TAFE QLD EAST COAST. This Program will not be using Bundaberg State High School as the RTO however the program will be supported by VET teachers at Bundaberg State High School as a partnership agreement.

Assessment Outline:

This is a competency based course. Students will have a number of opportunities to demonstrate that they can competently complete the set activities over the course of study. Students will be assessed using a variety of techniques such as in-class tests, scenario based activities, internet activities, simulated workplace activities and teacher observation.

Career Pathways:

This course provides students with the skills to proceed to Certificate III in Sport and Recreation and/or work within the Sport, Coaching or Fitness industry.

Potential Activities:

Students will be provided with the opportunity to do practical activities which will simulate 'real world' activities.

Costs:

There are no additional costs involved in this course. Students, through their resource hire fee, have access to the photocopied class materials, internet, email facilities, required texts, software and hardware.

Student Requirements:

There are no prerequisites for this course. This course is designed for students who have an interest in the sport and recreation area. It is advisable for students to have access to a computer at home but is not essential for completion of this course.

Student Information:

Bundaberg State High School does not guarantee that students will complete their qualification or Units of Competencies, however at Bundaberg State High School VET tracking/case-management of students is in place as a checking system to see that student are progressing towards completions. We encourage parent and student communication in this process. We do not guarantee an employment outcome upon completion of this course. Qualifications must be completed in a manner that meet the VET Standards for RTO's 2015.

All information is correct at time of publication but subject to change.